

Cheryl A. Kosmerl, MSW, LCSW

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EDUCATION

Master of Social Work: At-Risk Youth, University of Denver 2004
Bachelor of Social Work: Child-Adolescent Mental Health, Metropolitan State University of Denver
Phi Alpha National Social Work Honor Society 2003
Bachelor of Health Science: Human Services, State University of New York College at Brockport
1998

LICENSES AND MEMBERSHIPS

Licensed Clinical Social Worker, State of New York, License # 094870 2023 – Present
Licensed Clinical Social Worker, State of Colorado, License # 892 2007 – Present
Sex Offender Management Board: Development Disability Specialty, State of Colorado
2013 – 2022
Sex Offender Management Board, Full Level Treatment Provider, State of Colorado
2007 – 2022
School Social Worker, State of Colorado, License # 83195 2010 – 2014
Sex Offender Management Board: Associate Level Treatment Provider, State of Colorado 2006

AREAS OF EXPERTISE

- EMDR
- Digital Citizenship
- Healthy Sexuality/ Building Healthy Relationships
- Peer Pressure/ Refusal Skills
- Conflict Resolution/ Assertiveness
- Consent
- Laws Relevant to Juvenile Sexual Behaviors
- Flash Technique
- Boundaries Treatment
- Sympathy and Empathy
- Building Self-Esteem
- Dating Violence
- Bystander Interventions
- Relapse Prevention
- Developmental/ Intellectual Disabilities

PROFESSIONAL EXPERIENCE

PRIVATE PRACTICE: March 2008- Present
Low-Energy Neurofeedback April 2022- Present

Stimulates the brain to reset itself and achieve optimal performance. Safe, non-invasive, groundbreaking approach employing an EEG unit and gentle energy pulses to support the central nervous system. Low-energy neurofeedback improves functioning in mood, anxiety, cognition, movement, sensory integration, and available energy. (Duration 10-15 sessions)

Individual Therapy March 2008 - Present

Trauma specialists utilizing various therapeutic techniques to assist adolescents and adults in becoming authentic and self-actualizing individuals living to their highest potential. Proficient in Cognitive Behavioral Therapy, which examines the impact of emotions and thoughts on behavior, addressing negative behavior patterns and Eye Movement Desensitization and Reprocessing (EMDR). EMDR is used to help individuals process and heal from traumatic experiences using bilateral stimulation to reprocess distressing memories and reduce their emotional impact.

Sexting Classes May 2012- Present

Educational presentation for adolescents and their caregivers addressing common online behaviors and how to navigate technology and the internet in the 21st century. It covers

the legal, social, and emotional aspects of sexting. It emphasizes the importance of values as a framework for guiding better behavior, teaches skills and strategies for making responsible online choices, and provides tips on staying safe while using technology. (Duration: 1.5 hours)

Psychoeducational class designed for youth engaging in sexting and boundary crossing conduct. This time limited course is a low level intervention intended to teach empathy and self-awareness, strengthen values, and create a healthy relationship framework. The course addresses critical thinking, self-esteem, and coping strategies to empower the participant toward positive behavior change and decision-making. (Duration: 6 – 9 sessions)

Preventative Presentations

Nov 2014- Present

Proactive training for adults and children as a preventative strategy covering the complexities of navigating safely through the 21st century with technology and the internet.

Adult Training: educate participants on cyberbullying, the laws of sexting, and sexual behaviors, provide tools to discuss healthy vs. unhealthy relationships and sexual behaviors with youth, and review internet safety and security. Providing tools to improve communication and to execute those difficult conversations.

Adolescent Training: focuses on the laws related to sexting, addresses the differences between healthy, unhealthy, and abusive relationships, and the impact of those relationships on oneself and others. Teaching guidelines for setting appropriate boundaries, including how to be safe and secure on the internet. Teaches adolescents how to help one another with bystander interventions.

Personalized Training: create for communities, schools, spiritual centers, and contractors to meet the individual needs of the community, group, or organization.

PRIVATE PRACTICE: OFFENSE SPECIFIC TREATMENT

March 2008- August 2022

Extensive and successful history working with children, adolescents, and their families who have experienced abuse, neglect, trauma, and tragedy. Maintained contracts with various agencies and schools to provide individual, family, and group therapy, including but not limited to: social services, probation, diversion, district attorney's offices, and department of youth corrections. Specializes in working with children and adolescents with developmental delays and intellectual disabilities. Provided field placement supervision to graduate social work students.

Individual Therapy

Offense Specific Treatment: treatment to reduce the risk of further sexual offending and abusive behavior, increasing juveniles' ability to function as healthy, prosocial members of the community (Duration: 1.5 – 2 years)

Sexting Classes: psychoeducational sessions designed for youth engaging in sexting and boundary crossing conduct. This time limited course is a low level intervention intended to build positive behaviors and stop all abuse through the exploration and education of relationships, empathy, and the law (Duration: 6 – 8 weeks)

Boundaries Treatment: psychoeducational intervention for youth demonstrating boundary crossing conduct who benefit from low level intervention to discontinue further abusive and maladaptive behaviors (Duration: 2 – 6 months)

Group Therapy and Classes

Sexting Classes: psychoeducational class designed for youth engaging in sexting and boundary crossing conduct. This time limited course is a low level intervention intended to build positive behaviors and stop all abuse through the exploration and education of relationships, empathy, and the law (Duration: 6 – 8 weeks)

Boundaries Groups: group therapy for youth demonstrating boundary crossing conduct utilizing a low level intervention to discontinue further abusive and maladaptive behaviors (Duration: 2 – 6 months)

Offense Specific Treatment Groups: treatment targeting specific behaviors aiming to reduce risky and abusive behavior

Developmental Disability Offense Specific Group: group therapy targeting all abusive behaviors and aiming to reduce risky and abusive behaviors of youth with developmental/intellectual disabilities

Informed Supervisor Training

Specialized training for the on-going daily supervision of a juvenile by a qualifying adult promoting victim, community, and juvenile safety by intervening with the juvenile to manage risk factors. Participants include: parents, caregivers, advocates, mentors, relatives, spiritual leaders, teachers, work managers, coaches, and other natural supports to the juvenile alleged to have demonstrated illegal sexual behaviors. Training can be completed in person or via video conference.

Individual, Group, and/or Informed Supervision Contracts,

Arapahoe County Social Services
18th Judicial District – Arapahoe & Douglas County Diversion
18th Judicial District – Arapahoe & Douglas County Probation
1st Judicial District Probation – Jefferson & Gilpin County
Betty K Marler Youth Corrections
Jefferson County Human Services
Jefferson County District Attorney's Office
5th Judicial District Probation – Denver County
Department of Youth Corrections

CLINICIAN: SERENITY EDUCATION AND DAY TREATMENT May 2008 – Nov 2013
Facilitated effective education groups for developmentally delayed children with co-morbid diagnosis and boundaries groups for clients who demonstrated problematic sexualized behaviors. Trained and implemented crisis management, de-escalation, and behavioral modification techniques. Supervised clinicians for licensure and graduate school of social work interns.

CLINICIAN: SHILOH HOME June 2005 – June 2008
Facilitated individual, family, group, and multi-family group offense specific therapy for adolescents who committed sexual offenses. Created comprehensive treatment plans specific to the client's mental health DSM-IV-TR diagnosis, oversaw provisionally listed SOMB candidates, coordinated treatment approaches with multidisciplinary team members, and fulfilled case management responsibilities.

THERAPIST INTERN: PROGRESSIVE THERAPY SYSTEMS Sept 2003 – June 2004
Co-facilitated offense-specific group therapy for adults and adolescents convicted of sexual offenses, created and incorporated sex education curriculum for adolescent groups, led anger management group therapy for previously incarcerated adults, composed offense-specific psycho /social/sexual behavioral assessments for clients, and worked closely with the treatment team to establish appropriate intervention techniques benefiting client's progress.

CASE MANAGEMENT INTERN: THE SPOT Aug 2002 – May 2003
Addressed the individual needs of urban adolescents in high-risk situations. Provided youth with need-specific resource referrals, co-facilitated weekly women's group, worked in one-on-one sessions with children discussing their life issues and challenges and assisted participants in developing resumes and finding employment.

MENTAL HEALTH WORKER II: MOUNT SAINT VINCENT HOME April 2000 – Aug 2002
Created individualized programs to meet the needs of emotionally disturbed children. Worked closely with therapists in planning and implementing behavior modification programs and treatment plans, co-facilitated group therapy, trained new staff members, and fulfilled Unit Manager responsibilities as needed.

YOUTH & FAMILY DEVELOPMENT SPECIALIST: HILLSIDE CHILDREN'S CENTER Jan 1998 – Aug 1999
Facilitated programs and daily activities for emotionally disturbed children, assisted in the development of individual treatment plans, recorded daily notes and weekly summaries detailing treatment progress, and provided psychoeducational services to children and families to expedite discharge.

MEDIA APPEARANCES

Hartke, E. (Host). (2022, December 12). *What Every Parent Needs To Know When It Comes To Porn, Sexting And Technology* (No. 149). Luminary Leadership Podcast. Retrieved from: <https://luminaryleadershipco.com/episode-149-what-every-parent-needs-to-know-when-it-comes-to-porn-sexting-and-technology-with-cheryl-kosmer/>

Grazier, S. & Gutierrez, D. (Host). (2021, April 21) *Parenting in a Digital World*. (No. 61) The Kinetic Man. Retrieved from: <https://www.youtube.com/watch?v=k6pqZd1x2Is&t=3s>

Goff, P. (Host). (2020, September 21). *Apps, Devices, and Sexting. Protecting Kids Online*. (No. 07) The Exodus Road. Retrieved from: <https://theexodusroad.com/ep-07-apps-devices-and-sexting-protecting-kids-online/>

Kunstle, S. (Author) (2020, May 24) *Kids Sexting: Child Porn, Exploitation, and Human Trafficking*. Retrieved from: <https://theexodusroad.com/kids-sexting-child-porn-exploitation-and-human-trafficking/>

DePrima, G. (Host). (2018, October 18). *Parenting Technology Zombies (Your Kids) from Two Different Homes*. (No. 26) Divorce With Heart & Conscious Co-Parenting. Retrieved from: <https://www.iheart.com/podcast/263-divorce-with-heart-29650440/episode/26-parenting-technology-zombies-your-kids-30036481/>

Brasch, S (Author). (2016, May 9) *So Your Kid's Been Caught Sexting. Now What? Colorado Public Radio*. Retrieved from: <https://www.cpr.org/show-segment/so-your-kids-been-caught-sexting-now-what/#sthash.ClyNwlpT.dpuf>

Thomson, S., (Producer/Director) & Cruz, V. Dr. (Executive Producer) (2014) *Out of Bounds: When Sexual Behavior Issues Develop In Young People With Intellectual Disabilities*. United States: Sixth Street Productions

PRESENTATIONS & PANELS

October, 2022. Expert Panelist: *Addressing Online Harassment and Abuse, Roundtable on Engaging Men and Boys*. White House Task Force. (Washington, DC)

June, 2021. Presenter: *Navigating 21st Century Challenges for Today's Youth*. Colorado State Foster Parent Association: Foster Parents and Professionals. (Denver, CO)

September, 2020. Expert Panelist: *The Upstanders Screening*. Decatur Parents Network Panel. (Decatur, GA)

February, 2020. Presenter: *Navigating 21st Century Challenges for Today's Youth*. Three Rivers School District, Grants Pass Oregon: High School & Middle School and Parents. (Grants Pass, OR)

January, 2020. Presenter: *How to Use Technology Safely*. Welchester Elementary School: 5th Grade (Lakewood, CO)

July, 2018. Presenter: *Enhancing Sex Offender Treatment/Management on CST/MDT by Utilization of a Victim Representative*. Sex Offender Management Board 12th Annual Conference. (Breckenridge, CO)

March, 2017. Presenter: *Navigating 21st Century Technology*. Compass Montessori School: High School. (Wheat Ridge, CO)

February, 2017. Presenter: *Navigating 21st Century Technology*. Compass Montessori School: Middle School. (Wheat Ridge, CO)

January, 2017. Presenter: *Sexting and Internet Safety*. Gunnison County Substance Abuse Prevention Project: Parents and Children. (Gunnison, CO)

June, 2018. Presenter: *Assisting Today's Youth in Navigating the Complexities of the 21st Century*. Investing in Our Youth: Parents and Professionals, Western State University. (Gunnison, CO)

May, 2015. Presenter: *Talking About Relationships*. Bell Middle School: 7th Grade. (Golden, CO)

November, 2014. Presenter: *Healthy Relationships and Dating Violence*. Golden High School: 11th Grade. (Golden, CO)

February, 2010. Presenter: *The Therapeutic Tool Box: Creative & Innovative Tools to Utilize in Treatment with Juveniles who Sexually Act Out*. National Adolescent Perpetration Network. (Denver, CO)

May, 2009. Presenter: *The Therapeutic Tool Box: Creative & Innovative Tools to Utilize in Treatment with Juveniles Who Sexually Act Out*. Colorado Continuum Network. (Denver, CO)

CONTINUING EDUCATION & CONFERENCES

EMDR Child & Complex Trauma & Dissociation Specialist Intensive, Ana M. Gomez.	2018
EMDR Child Specialist Level 1, Ana M. Gomez	2017
SOMB Full Operating Treatment Provider Training Requirements	2003 – 2022
Initially completed 100 hours of training 2003 - 2007:	
65 hours of sex offense specific, 15 hours of victim issues, and 20 hours of treatment interventions with juveniles who have committed sexual offenses	
1000 total hours of clinical experience specifically in the areas of sex offense-specific treatment, face-to-face clinical contact co-therapy hours with juveniles who have committed sexual offenses	
60 direct face-to-face clinical co-therapy contact hours with juveniles who have committed sexual offenses in the same room with a Full Operating Level treatment provider	
Continued placement - required every three years:	
40 hours of continuing education to maintain proficiency in the field of sex offense treatment and to remain current on any developments in the areas of assessment, treatment, and monitoring	
8 of the hours shall come from the area of victimology	
10 hours of treatment interventions with juveniles who have committed sexual offenses	
National Adolescent Perpetration Network Annual Conferences	2006 – 2011 & 2015
Reflections: Lessons Learned in 30 Years Working With Youth Who Have Sexually Offended, Denver, 2015	
Effective Treatment and Management of Juveniles Who Have Sexually Offended, San Antonio, 2011	
Balancing the Terrain, Denver, 2010	
Setting the Record Straight: Dispelling the Myths About Juvenile Sexual Offending, Tampa, 2009	
Rocking the Boat Without Sinking the Ship: Integrating the New into Existing Systems, Portland, 2008	
Moderation the Unintended Effects of Intervention with Youth Who Have Sexually Offended, Albuquerque, 2007	
Stopping Sexual Abuse At The Source, Atlanta, 2006	
Through the Eyes of a Child EMDR with Children, Dr. Robert Tinker and Dr. Sandra Wilson	2011
EMDR Advanced Clinical Applications Workshop Step By Step: Making EMDR Treatment Effective & Developmentally Appropriate for Children & Adolescents, Ana M. Gomez	2010
EMDR Part I & II, EMDRIA-EMDR International Associations	2009

Primary, Secondary & Tertiary Prevention of Abusive and Sexual Behavior: Problems in
Childhood and Adolescence, Gail Ryan, MA, Director: Kempe Perpetration Prevention Program;
Kempe Center, Department of Pediatrics, University of Colorado 2008

The Problem of Juvenile Sexual Offending: Goal-Oriented Prevention & Intervention
Outcome: Observable Evidence of Decreased Risk and Increased Health
Informed Supervision of Juveniles' 'at risk' for Abusive Behaviors
Implications for Primary and Secondary Perpetration Prevention
Understanding & Responding to the Sexual Behavior of Children
Distinguishing Normal, Problematic & Abusive Behaviors
Developing Universal Goals to Promote Health and Prevent the Perpetration of Abuse
Intervening to Prevent Reinforcement of Chronic Abusive Acting Out
Rationale, Responsibilities, and Goals of Adult Supervision
Therapeutic Caregiver's Role with Juveniles 'at-risk' for Abusive Behaviors: Rationale,
Meeting Special Needs, Beyond the Role of Normal Parenting